

# TRI-ING TIMES

The official newsletter of Triathlon WA - December 2007



**TRIATHLON**  
WESTERN AUSTRALIA



## Welcome



Welcome to a new season of triathlon in Western Australia and it's great to see many new members as well as existing patrons of our sport in the first few races of the season.

Triathlon WA has many goals this year and we'd like to update you on a few initiatives we are implementing in 2007/08.

Recruitment and retention of technical officials for our races is sometimes a difficult task, often because everyone wishes to race as well as officiate. This year the TWA Board has introduced a rebate system for membership fees to those officials who officiate in at least three TWA races. This initiative along with a 'zero tolerance' approach to inappropriate behaviour towards officials is part of a recognition programme aimed at encouraging people to become involved in our sport outside of competing. We have had positive

feedback from this programme and there will be opportunities to become a technical official at various courses throughout the season. The next course will be held at Sports Lotteries House on Saturday 12 January from 12pm till 3pm. Please contact the TWA office on 9387 2907 for more information.

At the 2006/07 Annual General Meeting the members raised the subject of junior development and the future of the sport in WA. Triathlon WA has set up a Junior Committee which is addressing this issue and we are currently holding trials for a Junior Talent Squad which will be announced mid December. These youngsters (aged 16-19) will have the opportunity to attend specialist sessions with their coaches and also receive racing and training gear as part of their scholarship. Look out for these talented athletes participating in the New Year!

The Sunsmart Festival of Triathlon in Busselton is on again in May next year with the main event, the Busselton Half Ironman Triathlon to be held on Saturday 3 May 2008. We are aiming to have entries open in January next year with an opportunity for members to enter at a discounted rate. Last year we nearly topped 1,000 individual registrations. It would be great if you could participate as an individual, in a team, as an official or as a spectator.

Thanks to everyone for your support of triathlon in Western Australia, we look forward to a safe and rewarding season. Have a great Christmas and New Year too.

Regards

Phil Gregson, TWA Executive Officer  
Peter Rash, TWA President

## SUPPORTER PROFILE



Like a kid in a candy store, triathletes will be in their own version of wonderland when they step through the doors of Total Triathlon in Claremont.

With a wide range of product to cater for any swimming, cycling, running or nutritional need a triathlete might have, Proprietor David Wrighton opened this triathlon super store because he shared the same needs.

"Triathlon has been my passion for ten years from racing to visiting triathlon stores in the UK," said David. "After competing in two enjoyable world championships as an age grouper, I decided to approach triathlon from a different perspective and open up my own tri store."

Total Triathlon is now the largest triathlon store in Australia and David is thrilled with the support received from TWA members in particular.

"TWA members have been incredibly receptive and loyal and we wouldn't be here without them," said David. "We also get a steady stream of first-timers who come in for advice and athletes who just swim, bike or run."

As an added incentive and thanks for the loyalty, Total Triathlon offers TWA members a ten per cent discount on all products including bikes.

Not only do they have a wide range of products, they also have a bike workshop headed by one of Perth's most highly regarded bike mechanics.

According to David, the most popular products with Total Triathlon customers seem to be the latest hydro/aero dynamic goods to give them 'some competitive edge'.



Etta and David Wrighton with Peter Robertson at the Total Triathlon launch party

Hot tip from Total Triathlon - book your bike in early for a service in their bike workshop as it gets very busy before major events! Look out for their displays at triathlon series races or visit their shop at 273 Stirling Highway in Claremont.

# ATHLETE SPOTLIGHT

## MIKE LORI

**Club:** North Coast Tri Club

**Age Group:** 15-19

**Occupation:** Student

**Triathlon highlights:** Winning state trials last year, representing WA for triathlon twice

**Triathlon lowlight:** Breaking my arm at the start of this season snowboarding

**First ever triathlon:** Shelley Beach Secondary Schools Tri

**Favourite discipline:** Run

**Favourite session/s:** 20's 40's 60's and 80's ... running with sprinters

**Favourite training partner/s:** Joe Kierath, Kenji Nener, Sean O'Neill

**Stupidest session/training I've ever done:** Flags with glow sticks with wonderful coach Sean

**Most embarrassing training moment:** Diving into the pool and my CJ's falling off

**Favourite triathlete:** Sean O'Neill and Robbo

**Favourite athlete:** My mum

**Funniest triathlete I know:** Ryan Baillie and Kenji 'Ninja' Nener

**Inspirations:** Greg Welsh, for how hard he can push himself to be and beat the best

**My dream is ...** Olympics and Hawaii Ironman for triathlon (everyone can dream)

**I can't live without:** Chocolate and my sisters driving me to training

**Best tip for someone new to the sport:** Resting is 50% of training

**My last meal would be ...** A buffet

**I love triathlons because ...** Girls say I look hot in lycra and I get to shave my legs

**Favourite saying:** "Life is like a box of chocolate, you never know what you're going to get" from Forrest Gump



## SANDY CROWE

**Club:** City Triathlon Club

**Age Group:** 20 - 24

**Occupation:** Receptionist

**Triathlon highlights:** Anytime you run across that line ... It's over!

**Triathlon lowlight:** Getting a flat tyre the first year I did the Busso Half and then again the year after!

**First ever triathlon:** Women's Triathlon at Point Walter.

**Favourite discipline:** Run

**Favourite training partners:** Ruth Prenter and Dannielle Cousins

**Most embarrassing training moment:** When I first got my cleats and fell over while everyone was watching ...

**Favourite triathlete:** Peter Robertson

**Favourite athlete:** Andrew Symonds

**Inspirations:** WAT Girls (Women's Academy of Triathlon) which is a women's training course for all sorts of abilities run by Vicki Delves. (Never forget where you came from)

**My dream is:** To be the best I can be and for my body not to give in so I can be doing these things right up until I have grandkids.

**I can't live without:** Cold Chisel and my boyfriend

**Best tip for someone new to the sport:** Have fun when you're racing, smile at everyone. Then if you are really dying inside everyone will remember the one who looked good out there.

**My last meal would be ...** Mum's curried snags

**I love triathlons because ...** You meet heaps of people who are interested in the same thing and you get to wear lycra ...

**Favourite saying:** Stress less



# Princess Pinarello's PONDERINGS ....

It's early morning (not quite so bright and beautiful as before daylight savings kicked in, but that's another pondering), my heart is pounding, my palms are clammy and the butterflies are dancing up a storm in my stomach because I have to face the music... many of you will be sharing similar fates as the tri season begins and we face this adrenaline rush together. It's time to step on the scales, ladies and gentleman.

Emerging from the winter cocoon at the start of triathlon season is always a trying challenge which many of us are faced with - those who are incredibly fit and toned within an inch of their lives all year round, I both hate and admire you with equal intensity (don't be too offended if you are one, I live with one of these strange beings and am still rather fond of him).

The heart pounding and butterfly dancing is intensified by the thought of squeezing into the delectable tri suit and parading the bod before a race, amongst those who surely are fitter and more prepared for the triathlon season than I!

At training sessions, mumbblings of who has done what and who has been MIA over the winter period buzz in my ears and I wonder if I have done enough

to even think about entering a triathlon, let alone racing in one and hoping for a podium position in my age group. There is always someone in the group who talks it up, claiming to have endured massive kilometres based on Chris McCormack's program. Then there is undoubtedly the secret trainer who plays it down, pretending to share my fear of the forthcoming season while secretly rubbing their hands together in glee knowing they have done much, much more.

Triathlon is an incredible sport, filled with such a variety of personal challenges that it is unlikely you will find another athlete with identical goals to yourself. The constant comparison to others can be motivating and get you out of bed on dark mornings (hello daylight savings once again!), but it can also make the process less enjoyable and more nerve wracking than it needs to be.

What do you want out of this season? Is it to win your age group? Perhaps you would like to beat the 15 minute mark over a one kilometre swim or knock off the 40 minute mark in a 10 kilometre run. Maybe it is to shed the few kilograms which snuck on somewhere between your incredibly fit partner's desire to make you eat sticky date

pudding for dessert (it would be rude to decline, no?) and hiding under the doona instead of braving the elements and riding your poor neglected bike. Now is the perfect time to make some goals for yourself, without the influence of Mr Talk It Up or Miss Secret Trainer and work out what would make this season a success for you this year.

If you're anything like me, I started triathlon because I thought with the combination of swimming, cycling and running I really couldn't be any fitter training for all three. Well, now I think I can always be a bit fitter and probably a lot faster, but that's what keeps me coming back for more - there is always a challenge around the corner in triathlon and it feels so fabulous to overcome each challenge and achieve your goals.

Enjoy every finish line this season, celebrate the painful performances because you made it and the exciting ones because you've worked hard and you deserve it! And always make sure you smile, suck in your tummy and tuck in your butt for that sneaky camera that is always at the finish line even if you can't see it!

See you at the finish line,  
Princess Pinarello

# THE CROC HEADS TO HAWAII



by Lisa Kempthorne

Competing with workmates at the BRW Corporate Triathlon inspired Graham Crocker to look further into a sport he found he was pretty good at with minimal training.

Fourteen years later and with a bit more training behind him, Graham has been an Olympic distance world champion for his age group and keeps the young guns in Western Australia honest as he nips at their heels in state races.

So how does a bloke pick up a sport in his mid forties, represent his country five times, win a world championship title and continually race in triathlons at a top level? It probably helped that he came from an elite sports background in swimming and has a very tolerant wife who loves to travel.

"I trained for swimming when I was younger and won a few state records," Graham humbly told his interviewer. When pushed further for details, it became apparent that he indeed held a few Western Australian records from the 400 and 800 metres freestyle to the 200 and 400 metres individual medley. He also held the record for the Swim Thru Perth open water event and in 1969, Graham was fourth in the 400 I.M in Australia and pushing for Australian team selection.

It would be easy to rest on his laurels with such illustrious credentials, but Graham is always on the lookout for a new challenge. Having an Ironman event locally inspired Graham to train for the ultra distance race and he completed his first Ironman in Busselton last December. He knew he could perform better than he did race day and signed up straight away for the Port Macquarie Ironman.

Battling a knee injury in Busselton, Graham had a 15 minute lead over second place when he got off the bike. Due to knee pain he was relegated to fifth place and left wanting more from Ironman. Fast forward about five months and Graham crossed the finish line of Port Macquarie a happy man in second place, slashing 15 minutes off his Busselton time on a much more trying course.

"I had a program from Andrew Budge and I was really committed to the program which was duration and intensity specific," said Graham. "I've got so many tools to help with my training from a powertap to running foot pods, I'm now known as 'Gadget Man!'"

The second place at Port Macquarie scored him a spot at the ultimate Ironman race, the World Championships in Hawaii. After confirming his wife Sue was happy to spend her holidays in Hawaii, Graham booked his ticket to arguably the toughest race in the world.

Preparations weren't ideal with two months of limited running training due to a calf tear, but Graham was still positive about his race. He has done everything possible to get his body in peak condition, from long stretching sessions, acupuncture, massage and even modified his

diet to get to race weight.

"I've been eating really well and cut back a bit to lose weight for the race, although I am eating a whole lot more Power Bars and Carboshotz!" said Graham. "It's been less ice cream and more Carboshotz for me! Sue's been making me lots of healthy pasta dishes and fruit salads to keep me healthy and my energy up."

When he's not training for Ironman events, Graham is a fulltime employee of the Macquarie Private Wealth as Division Director and at home, he is helping plan his daughter's wedding this December which means Graham has to be extremely time efficient to achieve a balanced lifestyle.

"I get up at 5am most mornings to swim and run before work and then I cycle in the evenings by myself," said Graham. "I look forward to Fridays, which are my rest days."

Finishing the Hawaii Ironman will undoubtedly be an amazing feeling for Graham, but he has enjoyed the whole process of training for an Ironman.

"I actually love training," Graham admitted. "If I could become a professional age group triathlete, I'd jump at the chance."

What happened on race day? Graham Crocker gives a report on his Hawaii experience...

## Well ... First Kona experience ...

*What a great event to do. The build up in the week or so before was a combination of a lot of fun and anticipation, surrounded by more six packs than I've ever seen before and all manner of bikes, compression socks, speedsuits, teardrop helmets, celebrity spotting, monster 4WDs and Walmart.*

*Race day didn't go to plan (what a surprise) but there's always next year or the one after!*

*The swim and first 120km of the bike did go to plan but after that it turned steadily ugly, and the conclusion is that I became dehydrated without realising it. Yes I should know better!*

*So not withstanding that gradual decline, I managed to head out onto the run in fourth place in the age group and held it for approx 18km until that hill up to Queen K, which I ended up walking. It then got very, very ugly and I was reduced to doing a "Cliff Young" hero to zero.*

*There was no way I was quitting though, so for 22km or so it was 12minute/km, ie 5 hour 55 minute shuffle, 13 hours total. The finish line was most welcome and I made sure that I was not carrying a glow stick so there was no obvious photographic giveaway that I finished in the dark (apart from the very special time I did). Not that I am self conscious or suffer performance anxiety.*

*I must say I have never been photographed so often as in the run up out of the Natural Energy lab, (when I was actually walking), but guess what, it was the tropical sun setting behind me they were taking, and not me at all ... I was just the silhouette!*

*I have already done the debrief with Andy Budge and for next time I am looking to do a few things differently in the training programme and especially on race day, with fluid and electrolyte replenishment being the focus. Hopefully one outcome will be that my bladder has enough to offer so that I will be able to execute a first emptying before the 15km mark on the run next time. Eight hours is a long time to go without needing a pee! When and where will the next Mdot be?? No decision yet but 2009 is most likely scenario, all subject to a successful qualifier somewhere. Aloha and Mahalo!*



Graham Crocker pounding the pavement in Hawaii

Brad Hosking demolishing Jacob's Ladder



# 2007

# PAIN

# athlon

by Eloise Dortch

If you are reading this there is a high chance that you are already, or are about to become, a member of that odd breed (triathletes) who rise at 5am, cycle until they drop on the weekend and feel frustrated if a doctor, friend or spouse suggests they spend more time relaxing.

If so, it is also likely that if you were to receive an email titled "Painathlon", thoughts of work would fly out the window, your palms would start tingling and your heart racing.

The first ever Painathlon was held in Perth on Saturday 4 August, 2007 and organiser Jonathan Hague plans to make it an annual event.

A full-time medical student and national league volleyball and beach volleyball player, 'Jono' rose to fame last year for attempting a Guinness Book of Records climb of Jacob's Ladder (as many metres ascended as he could manage in 24 hours).

As if managing a 10,700-metre ascent (and descent) was not enough, this year the 30-year-old was looking for a new goal, so he organised the toughest running and cycling event in Perth that he could imagine.

Despite initial interest from about 50 people, a relatively small field of 19 men and women competed on the day, with just seven managing to complete the whole course in the allotted time.

The name of the event is no exaggeration. Starting at daybreak and finishing at sunset it includes 23km of hill running, 20km of flat running and 117km of cycling, taking in some classic heart-starters, such as Reabold Hill near City Beach, 'Cardiac' Hill in Kings Park, two different 'bridges' runs around the river and 10 climbs of Jacob's Ladder.

Jonathan said that after raising \$3,500 for Variety WA through last year's climb, he hoped to again organize an event that would raise money for charity - about \$8,700 was raised for Variety through the Painathlon.

"I don't like running marathons but I can handle high intensity," he said. "So I wanted to do an event which was really high-intensity and split it up with cycling. I came up with a shortlist of 10 high intensity runs in Perth and it happened to be doable in 10 and a half hours, which was the amount of daylight available."

This year's Painathlon winner - with a 1 hour, 34 minute-lead - was Padbury man Brad Hosking, 38, who managed all 10 challenges in 7 hours, 38 minutes. Brad, a strong hill-runner, only recently took up triathlon after previously playing amateur football. However he has quickly made an impression: this year, having raced just two Ironman events in Australia, he completed the Hawaii Ironman in 9 hours, 34 minutes.

The runner-up in the Painathlon was Marek

Klimczyk in 9 hours, 12 minutes while Michael Parrotte came in third in 9 hours, 23 minutes. Jenni Tibbits was the only woman to finish all 10 events in 10 hours, 29 minutes.

With a small number competing - and enough volunteers to outnumber them two to one - the atmosphere on the day was more about having fun and cheering each other on. The fact that 25 fellow students from Jonathan's medical course happily signed up as volunteers (boosting the total to 40) ensured the day went smoothly. Despite the wealth of medical expertise to hand, there were no injuries on the day.

"I saw the word 'Painathlon' and I thought 'that sounds good! It's a tough day out; pretty close to doing an Ironman and I'd certainly recommend it to anyone doing extended events or looking at an Ironman," said Brad.

"Absolutely, I'd do it again."

Even though Jonathan will next year be in his fourth year studying medicine, he plans to hold the Painathlon again.

"It's on next year, but given how well the event went, starting spots will be at a premium, he said. "Limitations on bike-racks at each of the 10 locations mean that the largest field is unlikely to ever exceed 100 competitors. We certainly expect to have 50."

And even though he though he was up until midnight the night before getting things organized for the race he planned to compete in himself, Jono likes it that way. "I need something to aim for; I like goals and challenges," he said.

Early start- the competitor's head along City Beach for the first stage





Sean O'Neill (2<sup>nd</sup> from top right) stands amongst the top six placegetters at the finish line of the Dunsborough Anaconda Adventure Race

# Triathlete of the Year 2007 becomes Anaconda adventure man

by Lisa Kempthorne

The race description depicted clear, turquoise water and a constantly changing landscape 'to set the stage for the ultimate test of human endurance'.

The weather gods were not at their kindest with athletes met by turbulent and murky grey water and strong winds which quickly dissolved the rumour of the 'flat as a pancake' waters of Geographe Bay. Hundreds of orange caps bobbed about as the athletes nervously awaited the starting siren in the choppy water.

Multiple Western Australian Triathlete of the Year Sean O'Neill was one of those orange caps after three months of enthusiastic paddle training to conquer the unknown kayak leg and swapping his preferred Scott road bike for a borrowed mountain bike.

"Who said adventure racing was ever meant to be easy?" Sean joked. "I decided last year after doing the 13 kilometre coastal run in a team that this event was just too much fun. I decided that 2007 would be the year that I gave this event a proper try by doing the whole race myself."

So instead of putting his feet up after a stellar performance at the Busselton Half Ironman which cemented his third WA Triathlete of the Year title, Sean invested in a Molokai surf ski and trained for a new sport over the winter months.

"My first attempt at paddling was a Friday afternoon, the same afternoon as a five metre great white shark was sighted at Hillary's Boat Harbour," said Sean. "Luckily my planned route was further south around Scarborough Beach, but after ten minutes I found myself in the water more than on top of it which made for good practise on how to get back into the ski quickly!"

"I managed to complete the session but it took twice as long as I originally planned, much to the disgust of my fiancée as Friday night is usually my night off!" laughed Sean. "For the next two days, I

could barely walk or laugh due to using completely different muscles to everyday triathlon training."

After three Anaconda training camps, a lesson on kayaking from local surf life saving heroes in the Sorrento Challenge and finally a win at the Moore River Adventure Race, Sean fronted up to Dunsborough excited to mix it up with the best adventure racers in the world.

"I was more nervous for this race than any triathlon I've done since the world championships in New Zealand in 2003," said Sean. "There was a strong field from various sporting backgrounds who all had differing strengths and weaknesses. I was feeling fit after some great running training, however my limited experience in paddling was always going to make things tough especially in the choppy conditions."

"I went into the race knowing that I would be close to ten minutes behind the race leaders after the first two stages, the swim and the kayak legs, so it meant I had some hard work ahead of me once I hit my favoured leg, the run."

So come race day Sean was prepared for an incredible challenge but with his usual tenacity, he couldn't wait to begin.

"I felt good in the swim and found clear water almost straight away despite the 500 odd swimmers out there," said Sean. "I soon found a familiar pair of feet to swim behind in a new training friend, surf lifesaving champion Mark Finucane which was reassuring."

"Although sighting the buoys in the rough conditions was near impossible, I figured someone with Mark's experience was a safe bet to follow. We made it to the first transition and I found myself side by side with Guy Andrews so I figured things must be going pretty well!"

Next up was the dreaded kayak leg so Sean was left in Guy Andrews' quickly departing wake and he

set about minimising the gap as much as he could.

"It was a struggle just to stay upright in the ski and make it to Bunker Bay in one piece because it was so rough out there and while quite a few people passed me, I was happy to make it to dry land without falling out once," said Sean.

Once he hit the sand, the race really began for Sean and he started the scenic run around the cape, over rocks, sand and through thick scrub. Traversing hills, Sean started picking off the competitors ahead of him and found himself closing in on the race leaders.

Coming into the mountain bike transition, Sean realised he was once again in striking distance of Guy Andrews and he had to pull out something special on the challenging mountain bike course. The two rode together chasing fellow Australian Jarad Kohlar who started just one minute ahead. The course covered varying terrains through sweeping paddocks, tight single track and muddy creeks but the best was yet to come.

It wasn't until the pair reached Meelup National Park that they finally caught the elusive Kohlar. From here it was a matter of survival with tricky pea gravel conditions and some impressive jumps to conquer. The intention was to avoid the jumps and potential injury but under race conditions and with adrenaline flowing Sean just couldn't resist.

Unusually, the final beach run would decide places from second to fifth with less than two minutes separating them. Richard Ussher from New Zealand won the race by less than three minutes over east coast surf ironman athlete Ben Allen. Andrews was next off the bike closely followed by Kohlar and Sean but after a speedy transition Sean hit the run in pursuit of Andrews. Sean was successful in catching Andrews but Kohlar proved too strong, passing Sean with less than 1km to go and taking third place just 13 seconds ahead of Sean.